

# AYURVEDA'S HEALTH QUESTIONNAIRE

Signs & Symptoms	None	Mild	Moderate	Severe
I generally feel constipated	0	1	2	3
I often get congestion in my head and sinuses.	0	1	2	3
I often get infections.	0	1	2	3
I feel my immune system is weak.	0	1	2	3
I feel non-clarity of mind.	0	1	2	3
I feel physically exhausted without any reason.	0	1	2	3
I feel mentally exhausted easily.	0	1	2	3
My stress levels are.	0	1	2	3
I have no desire to eat food.	0	1	2	3
I tend to feel indigestion frequently.	0	1	2	3
I tend to get a lot of salivation in the mouth.	0	1	2	3
I easily get angry and irritated without any reason.	0	1	2	3
I feel that my breathing pattern is altered.	0	1	2	3
I frequently get cold throughout the year.	0	1	2	3
I tend to get allergies throughout the year.	0	1	2	3
I feel heaviness in the body.	0	1	2	3
I feel something is not well in my mind-body.	0	1	2	3

TOTAL BODY AND MIND IMPURITIES

1-16 = Mild 17-34 = Moderate 35-51 = Severe

